

Appendix 1. Stratified injury prevention program exercises

Exercises	Description	Repetitions
MKD group		
Adductor stretch	Stand with feet shoulder width apart. Lean toward one side to feel a stretch in the hip adductor muscle complex and hold this position for 30 seconds before repeating on the other limb.	1x30 sec. each leg
Side bridge hip raise	Lay on side with legs extended. Raise hips off the ground and form a straight line with lower legs, thighs, and torso. Maintain this position while raising and lowering the top leg in a controlled manner.	1x5 each leg
TO group		
Calf stretch	Start in a push up position. Bring feet forward until heels are on the ground and a stretch is felt in the back of the lower leg.	1x30 sec. each leg
Heel raise with internal rotation	Turn one foot in (internal rotation) and balance on that foot. Raise heel off of ground and slowly return heel to the ground.	1x5 each leg
NA group		
Diagonal ball reach	Stand holding a soccer ball in both hands with feet shoulder-width apart. Rotate toward one side while lifting the ball over the head and then rotate the opposite direction while bending down to touch the ball to the ground.	1x10 each direction
Side-step tubing	Stand with feet shoulder width apart and an elastic band tied around the ankles. Squat similar to sitting in a chair and hold this position. Step sideways leading with one foot and repeat.	1x5 each direction
Hip bridge	Lay supine on the ground with knees bent and feet flat on the ground. Slowly lift hips off of the ground and hold for 10 seconds with torso and thighs in a straight line.	2x10 sec.
Team exercises		
Multiplanar lunges	Start all three lunges with hands on hips, lunge in specified direction with one leg, and drop contralateral knee close to the ground. <i>Forward lunge:</i> Lunge forward <i>Sideways lunge:</i> Lunge sideways <i>Twisting lunge:</i> Lunge in a 135 degree angle	1x5 in each direction for both legs
Multiplanar hops to balance	Start with feet shoulder width apart and hands on hips. Hop in specified direction with one leg and land softly on opposite leg with trunk, hip, and knee flexed. Hold this position for three seconds and return to the starting position. <i>Forward hop:</i> Hop forward <i>Sideways hop:</i> Hop sideways <i>Twisting hop:</i> Hop in a 135 degree angle	1x5 in each direction for both legs
Single legged squat	Stand on one leg with hands on hips and squat down to touch contralateral middle finger to the outside of ipsilateral foot and returned to the starting position.	1x5 each leg
Forward line hops	Start with hands on hips and hop forward and backward over a field line. Progress to single legged line hops.	1x20
Sideways line hops	Start with hands on hips and hop side to side over a field line. Progress to single legged line hops	1x20
Squat jumps	Stand with feet shoulder width apart, squat down similar to sitting in a chair, jump up from the squatted position and land back down softly with knees flexed.	1x10